

**UJI POTENSI ANTIOKSIDAN dan KESUKAAN PANELIS TERHADAP
YOGHURT DENGAN PENAMBAHAN SARI BUAH NAGA MERAH
(*Hylocereus polyrhizus* Britton & Rose)**

ElsyanaMalo
UniversitasSanata Dharma
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ABSTRAK

Penyakit kanker merupakan salah satu penyebab kematian utama di seluruh dunia. Faktor penyebab adalah radikal bebas. Untuk meredam aktivitas radikal bebas diperlukan antioksidan baik dalam makanan maupun minuman. Sumber radikal bebas dapat dikurangi dengan memanfaatkan buah naga merah karena mengandung vitamin C dan karoten. Tujuan penelitian ini adalah untuk mengetahui pengaruh penambahan sari buah naga merah terhadap potensi antioksidan dan kesukaan panelis terhadap yoghurt serta mengetahui penambahan konsentrasi sari buah naga merah yang menghasilkan potensi antioksidan dan kesukaan panelis terhadap yoghurt.

Masing- masing perlakuan dan kontrol dibuat 3 kali ulangan, yaitu pemberian sari buah naga 10% ml, 15% ml dan 20% ml. yoghurt yang dihasilkan kemudian diuji antioksidan dan kesukaan panelis, selanjutnya, data diuji menggunakan One Way ANOVA, sedangkan untuk kesukaan panelis dianalisis secara deskriptif.

Hasil penelitian menunjukkan bahwa yoghurt dengan penambahan sari buah naga merah 10%, 15% dan 20% berpengaruh terhadap potensi antioksidan dan kesukaan panelis. Semakin tinggi pemberian sari buah naga merah, maka semakin tinggi potensi antioksidan. Yoghurt yang memiliki potensi antioksidan paling tinggi adalah yoghurt dengan penambahan sari buah naga merah 20% dengan nilai 32,39%. Secara umum panelis lebih menyukai yoghurt dengan penambahan konsentrasi sari buah naga 15% dengan jumlah rata-rata untuk kesukaan rasa, aroma dan wana secara berturut-turut 27%, 26% dan 28%

Kata kunci :Yoghurt,Sari Buah Naga, Potensial antioksidan, Kesukaan Panelis

The Antioxidant Potential test And Panelist Preference for Yoghurt with Addition of Red Dragon Fruit Juice (Hylocereus Polyrhizus Britton & Rose)

Elsyana Malo Sanata
Dharma University
2017

ABSTRACT

Cancer is one of the leading causes of death worldwide. The factors that cause cancer was free radical. To reduce free radical activity required antioxidants in both food and beverage. Free radical sources could be reduced by utilizing red dragon fruit because it contains of vitamin C and carotene. The purpose of this research was to know the effect of adding red dragon fruit sari toward antioxidant potential and panelist preference for yoghurt as well as to know the addition of red dragon fruit juice concentration that produced antioxidant potential and panelist preference for yoghurt.

Each treatment and control were made 3 times repetition, namely giving dragon fruit juice 10%, 15% ml and 20%. Yoghurt produced was tested for antioxidant and panelist preference. Furthermore, the data was tested using One Way ANOVA, while for panelist preference was analyzed descriptively.

The results showed that yoghurt with the addition of red dragon juice 10%, 15% and 20% effect on antioxidant potential and panelist preference. The higher the juice of red dragon fruit, the higher the antioxidant potential. Yoghurt that had the highest antioxidant potential was yoghurt with the addition of red dragon fruit juice 20% with a value of 32.39%. In general, panelists preferred yoghurt with the addition of 15% dragon fruit juice concentration with an average amount for taste, aroma and color preferences 27%, 26% and 28% respectively.

Keywords: yoghurt, dragon fruit juice, antioxidant potential, panelist preference